

Amendment to the Claims:

1. (Currently Amended) A snow sliding board such as a ski, a mono-ski or a snowboard, with a vertical plane of general symmetry, comprising:

a base which includes at least in a mounting zone ~~of a sole~~ and a complementary longitudinal element intended to receive a ~~retention~~ binding ~~of~~ for a user's boot; said base having a shape of an elongated beam comprising a sliding sole whose front extremity is raised ~~in order to form a spatula~~;

the complementary longitudinal element having the shape of an elongated plate, limited laterally by a lateral internal rim and an external lateral rim, the complementary element also comprising a front portion connected to a rear portion by means of a middle portion, at least one of the lateral rims of the complementary element being laterally supported by at least its middle portion on a lateral shock-absorbing stop made of an elastically deformable material.

2. (Previously Presented) The snow sliding board according to Claim 1, wherein the lateral shock-absorbing stop is fixed on an upper surface of the base.

3. (Previously Presented) The snow sliding board according to Claim 1, wherein the lateral shock-absorbing stop comprises:

a shock-absorbing element sandwiched between one of the lateral rims of the complementary element and a lateral retention projection which is integral with the base.

4. (Previously Presented) The snow sliding board according to Claim 3, wherein the shock-absorbing element of the lateral shock-absorbing stop is an integral part of the lateral retention projection.

5. (Previously Presented) The snow sliding board according to Claim 3, wherein the shock-absorbing element of the lateral shock-absorbing stop is fixed at least at one of the lateral rims of the complementary element.

6. (Previously Presented) The snow sliding board according to claim 1, wherein at least one of the lateral rims of the complementary element comprises a hollow profile constituting a lesser width in a middle portion of said complementary element, said hollow profile being shaped to cooperate with the lateral
5 shock-absorbing stop.

7. (Previously Presented) The snow sliding board according to claim 1, wherein the internal lateral rim is laterally supported on the lateral shock-absorbing stop which is arranged on the internal side of the base.

8. (Previously Presented) The snow sliding board according to claim 1, wherein the front portion of the complementary element is made up of two longitudinal front arms extending from the middle portion toward the front, while the rear portion of the complementary element is made up of two longitudinal rear arms
5 extending from the middle portion toward to the rear.

9. (Previously Presented) The snow sliding board according to Claim 8, wherein the front portion comprises a front internal arm and a front external arm; whereas, the rear portion comprises a rear internal arm and a rear external arm, said front internal arm and said rear internal arm, together with the middle portion,
5 being constructed from a first material; whereas, said front external arm and said rear external arm are constructed from a second material different from the first material.

10. (Previously Presented) The snow sliding board (1) according to claim 1, wherein the complementary element is joined to the base by fixation elements.

11. (Currently Amended) A The snow sliding board according to claim 1, wherein: such as a ski, a mono-ski, or a snowboard, with a vertical plane of general symmetry, comprising:

5 a base which includes at least in a binding mounting zone, said base having a shape of an elongated beam comprising a sliding sole whose front extremity is raised;

10 a complementary longitudinal element intended to receive a binding for a user's boot, the complementary longitudinal element being elongated with a lateral inner edge and a lateral outer edge, the complementary element also comprising a front portion connected to a rear portion by a central portion, the front portion and the rear portion of the complementary element are being each fixed to the base, such that relative lateral displacements between the front and rear portions of said complementary element and the base is are blocked[[,]] and relative longitudinal displacements is are permitted[[;]], the central portion of the complementary element
15 is being fixed at the base such that longitudinal translation of the central portion of the complementary element in relation to the base is blocked[[,]] and relative transverse displacement of said element in relation to said base is permitted, at least one of the lateral edges of the complementary element being laterally engaged in at least the complementary element central portion by a lateral shock-absorbing stop made of an
20 elastically deformable material which permits and elastically damps lateral movement of the complementary element central portion.

12. (Currently Amended) The snow sliding board according to Claim 11, wherein:

5 ~~the fixation means are constituted by fixation screws,~~ the front portion of the complementary element ~~being~~ is fixed to the base by two fixation screws, one front left screw and one front right screw, each screw traversing a corresponding oblong hole, respectively extending longitudinally in an oblong left hole and an oblong right hole;

10 the rear portion of the complementary element ~~being~~ is fixed to the based by two fixation screws, one rear left screw and one front right screw, each of the screws traversing a corresponding oblong hole, respectively extending longitudinally in a left oblong hole and a right oblong hole; and

the central portion of the complementary element is fixed by at least one screw traversing a corresponding oblong hole extending transversely.

13. (Previously Presented) The snow sliding board according to Claim 12, wherein the screw which fixes the central portion is positioned at a level of the corresponding oblong hole in order to permit lateral displacement of the central portion toward both sides of the screw.

14. (Previously Presented) The snow sliding board according to Claim 12, wherein the screw which fixes the central portion is in contact with one of the extremities of the oblong holes in order to only permit lateral displacement of the central portion only toward the lateral support.

15. (Previously Presented) A ski comprising:
an elongated base which is raised at one end and which has an upper surface and a lower, snow-engaging surface;
a complementary longitudinal element mounted to a central portion of
5 the upper surface of the base, the complementary longitudinal element including a forward portion, a rearward portion, and a middle portion, the middle portion being mounted to the base upper surface such that limited lateral movement is permitted;
a resilient shock-absorbing stop disposed on the base upper surface adjacent and abutting the complementary longitudinal element middle portion to limit
10 lateral movement of the middle portion.